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Wing CG bids farewell to 3d MAW

By Sgt. Steven A. Davis

CPAO, MCAS Miramar

A typically sunny, Southern California day officially welcomed the newest Wing commander to Miramar Wednesday for the 3d Marine Aircraft Wing change of command.

During the ceremony, Maj. Gen. M.P. DeLong relinquished command to long-time astronaut Maj. Gen. Charles F. Bolden Jr. It was the first Wing change of command to take place aboard the air station since its return to Marine control.

DeLong's parting remarks focused on the achievements that occurred throughout his two-year tenure. He especially praised the Marines under his charge and their family members during the migration from MCAS El Toro.

"We came down here and didn't drop a single exercise, a single event — didn't even slow down," DeLong reflected. "When the units deployed, we brought the families down to 2,500 less houses, to more expensive housing out in town with less number of (available) houses. We couldn't have done that without the great commanders we've had here over the past 25 months.

"You could have a forest fire on the runway at El Toro right now, the grass is so tall. So if anyone here thinks we're going back there, you're crazy," DeLong said. "But how we came down here was on the backs of the Marines and their families."

Although he arrives after a two-year tenure as U.S. Forces, Japan's deputy com-

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'We came down here and didn't drop a single exercise, a single event — didn't even slow down.'

Maj. Gen. M.P. DeLong

Photo by Pfc. Chris H. Fitzgerald

During the ceremony, Maj. Gen. M.P. DeLong relinquished command to long-time astronaut Maj. Gen. Charles F. Bolden Jr. It was the first Wing change of command to take place aboard the air station since its return to Marine control.

Marines train for large-scale disaster

By Cpl. Micheal O. Foley

CPAO, MCAS Miramar

Several components of Marine Corps Air Station Miramar and the surrounding areas conducted a mass-

casualty drill on the flight line here Aug. 2.

The scenario simulated a KC-130 crashing into Hangar 0 during a special event during normal working hours. An aircraft mishap/

mass casualty drill is conducted annually to exercise emergency response resources and procedures on base.

Miramar Fire Department, Aircraft Rescue and

Firefighting, Branch Medical Clinic and military police teamed up with San Diego County Emergency Medical Service to provide simulated fire suppression, emergency medical assistance and evacuation for approximately 75 simulated casualties.

"The annual training is essential to ensure we are properly trained to react to large-scale emergency situations," said Lt. Col. Ed Downum, disaster preparedness officer. "If a situation like this were to actually occur on the flight line we would be ready and we would be able to handle it."

When emergency personnel arrived on the site Hangar 0 was ablaze and several victims littered the flight line. Firefighters had their hands full trying to control the blaze and conduct initial triage while medics prepared to evaluate and evacuate casualties.

Once the patients were evacuated, the drill wasn't

over. In addition to Miramar personnel, medical technicians from Balboa, Grossmont and Scripps hospitals participated in the exercise. Several mock patients were transported to the civilian hospitals for simulated treatment.

The training proved valuable for the medical personnel as well as the firefighters. Everyone involved, from the military policemen guarding the perimeter of the incident site, to the air traffic controllers directing emergency medical helicopters, to the medics at area hospitals waiting for patients to arrive for treatment, had the opportunity to see what role they would play in a major mishap.

Given the elaborate mission, the drill went smoothly and everyone involved learned a great deal about their responsibilities in a major accident on base.

See Mass Casualty, page 8



photo by Cpl. Micheal O. Foley

Petty Officer 1st class Fortunato E. Macaranas, corpsman, Branch Medical Clinic, assesses a simulated patient recently evacuated from a mock accident site during an aircraft mishap/mass casualty drill.

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Flight Jacket



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Take a cab, Arrive Alive

By Sgt. Troy M. Ruby

CPAO, MCAS Miramar

A station order began a program recently that allows intoxicated or stranded Marines stationed here the opportunity to take a cab and pay the fare later.

The Arrive Alive Card program was designed to give Marines an option other than driving under the influence. Programs similar to the AAP have been utilized in the past but command notification was always an issue. With the new cards, there is no command involvement in any legal aspect.

"There should be no fear of command repercussion for using this program," said Staff Sgt. Brian J. Whalen the Headquarters and Headquarters Squadron Substance Abuse Coordination Officer. "I want Marines to use this program; you will not get in any trouble."

The cards work very much like a credit voucher. When in need of a ride, simply call the Orange Cab Company, whose phone number is printed on the front of the card.

Once the cab driver verifies the information printed on the back of the card with the customers military identification card, the driver will proceed to take the service member to their home. Upon arrival, he will take the card and present a printed receipt that should be taken to the unit representative. The bill must then be paid no later than two working days after the next payday, using a money order or cashiers check. The payment will then be forwarded on to the cab company.

"The best part of the program is that four or five Marines can go out together and split the cab fare and if they don't have the money to get home, only one of them needs to use their card," said Whalen. "One of them can use their card on Friday, one can use theirs on Saturday and one can use theirs on Sunday. As long as they are paying their bills, all is well and everyone will arrive safely."

The program is already in use at several bases throughout the Corps and has seen great success,



The results of drinking and driving usually ends up in disaster.

but the most important aspect of the program, said Whalen, is to make the smart decision and use it. "We have had one Marine who got arrested for driving under the influence and they found an Arrive Alive Card in his wallet. He could have saved himself by simply using the card," said Whalen.

The cost of a D.U.I. continues to rise and is about \$10,000. That money breaks down like this:

- Minimum fine \$390
- Minimum penalty \$663
- Tow and Impound fee \$150

- Alcohol education classes \$375
- Insurance increase \$6,600
- Restitution fund \$100
- License re-issue \$100
- Legal fees \$2,500

The grand total for a D.U.I. is approximately \$10,878. Remember that the legal drinking limit while driving in the state of California is .08 percent, which according to body weight is the equivalent of 1 beer.

Marines interested in getting a card should notify the unit's SACO representative and request one.

LINKS lends a helping hand to spouses

By Sgt. Troy M. Ruby

CPAO, MCAS Miramar

Marine Corps Family Team Building here offers a free program, several times a year, designed by Marine Corps spouses for military spouses to help answer questions they may have about the military lifestyle.

Lifestyles Insights Networking Knowledge Skills is a workshop that gives mentors the opportunity to share their experiences to help new military spouses ease their transition into the military family.

"All of the mentors are volunteers whose spouses have been in the Marine Corps approximately five to eight years. They have been

through a couple of moves and deployments, so they can share their experiences," said Stephanie Crutcher, the Miramar LINKS Team Leader.

Each mentor goes through at least three days of training where they are taught the specific information covered at each of the LINKS seminars. Topics covered include permanent change of station, the history and traditions of the Marine Corps, deployment, station services and how to utilize them, along with tips on how to balance family life within the Marine Corps mission.

"We meet in small groups and the mentors are encouraged to blend in with the group," Crutcher added, "everybody has something they can share, whether they've been in two months or 20 years."

One of the benefits of the program is the chance to meet other spouses and LINKS forge friendships. They are all encourage to exchange phone numbers, addresses and e-mail addresses to help those new found relationships continue.

"I think that it's a wonderful

program. All the feedback I have received from seminar participants has been extremely positive. Everybody loves it because it makes

their families more prepared for their Marine Corps future," said Crutcher.

Along with the traditional seminar, Crutcher would also like to extend an invitation to conduct workshops for deployed units spouses.

"We are very willing to do unit specific seminars for any unit that has just deployed. We can do it anywhere they would like, if they have a location, or we can do it here in the Friendship Cen-

ter."

The LINKS seminars take place every other month with the next one happening Sept. 12- 14 in the Friendship Center, Building 2273, at 6:30 p.m. with free child care provided.

Spouses of all active-duty service members and Department of Defense civilian employees are encouraged to attend.

Please call 577-4810 for additional information or to sign up.

'Everybody has something they can share, whether they've been in two months or 20 years.'

Stephanie Crutcher,
Miramar LINKS Team Leader



Photo by Cpl. Kristopher S. Haloj

Safety checkpoint — Military Police Officer Lance Cpl. Christopher A. Delaney thoroughly inspects Sgt. Kenneth A. Edwards, intelligence specialist for Marine Aircraft Group 16, to ensure he's following the proper motorcycle safety precautions and regulations at a check-point at the intersection of Mitchsner and Elrod recently. The Provost Marshall's Office here conducts safety check points, such as this, approximately twice-a-month at random locations throughout Marine Corps Air Station Miramar.

Busted

Two Miramar Marines convicted of importing marijuana

By Sgt. Troy M. Ruby

CPAO, MCAS Miramar

Lance Cpl. Enrique Barraza Martinez and Lance Cpl. Mario Martinez Garcia, were convicted by general court martial recently for several charges related to the importation of 99 pounds of marijuana.

Barraza Martinez, the driver of the 1982 Volkswagen Truck used in the trafficking, was convicted of conspiracy to import marijuana and wrongful importation of marijuana.

He was sentenced to confinement for 11 years, reduction to the grade of E-1, forfeiture of all pay and allowances and a dishonorable discharge from the Marine Corps. Wrongful possession of marijuana and wrongful solicitation charges were withdrawn as a result of a plea bargain.

Martinez Garcia, the passenger, was also found guilty of the same charges with the addition of wrongful possession of marijuana and false official statement charges. He was sentenced to confinement for 4 years, reduction to E-1, forfeiture of all pay and allow-

ances and a bad conduct discharge.

The Marines, both assigned to Marine Aircraft Group 11, were arrested by the U.S. Border Patrol at 11:36 p.m. on February 11, and remained in confinement since their arrest.

They were discovered when Barraza Martinez froze after being asked routine questions by Border Patrol officials. The agents' suspicions escalated when the side of the truck was tapped and made an unusual

sound indicating that the truck panels were loaded with something. It was inspected at a secondary point where the drugs were found.

"If you are caught with drugs coming across the border, we will do everything we can to get jurisdiction of the case, prosecute,

and we will be seeking the maximum punishment we can get under the facts," said Miramar Military Justice Officer, Maj. Robert M. Miller.

The 99 pounds of marijuana had a street value of \$40,000, the equivalent of 80,000 joints. For their part in the importation of the drugs, Barraza Martinez was to be paid

'In the civilian world, some of these guys would get out in 6 months. That's not going to happen in the military.'

*Maj. Robert M. Miller,
Miramar Military Justice Officer*



Photo courtesy of Maj. Robert M. Miller

The 99 pounds of marijuana was removed and placed in a shopping cart, after being discovered between the bed wall and the fender well of this 1982 Volkswagen truck.

\$1,500 and Martinez Garcia was to receive \$250.

The fact that the drugs seized weighed 99 pounds was significant because the U.S. Attorney's office generally doesn't prosecute cases for less than 100 pounds of marijuana. That would have made it a federal case.

"In this case a Marine pled guilty and he got 11 years confinement when the prosecutor asked for 15. The point is we're going to go hard with it," Miller said. "In the civilian world, some of these guys would get out in 6 months. That's not going to happen in the military. You're going to be in jail for that

time."

Miller added that military members, generally between the ages of 19 and 22, are increasingly being sought out to help with the importation of illegal narcotics across the border. Often, as in this case, friends and family are recruiting them, said Miller.

"There is in fact a zero tolerance for drugs in the military and we will put you in jail. We want Marines, on their own to say it's not worth it. \$1,500 is not worth 11 years in jail," concluded Miller. "There are plenty of ways to make money that is legal and that's what Marines should be doing."

Don't get bugged – immunize your computer from viruses

By Cpl. Carolyn S. Sittig

CPAO, MCAS Miramar

Marine Corps Air Station Miramar relies on computers to do many of its daily functions, yet recent out breaks of viruses have caused minor disruptions in productivity.

A computer virus is similar to the types of viruses people can get. When a computer gets a virus, it won't function properly.

The types of damage a virus causes vary. Some viruses are designed to attack the hard

drives of computers and will change specifications and delete files. Others are meant to disrupt on-line communication.

These viruses overload the network by sending themselves through a person's e-mail to everyone in their address book. A virus can send itself out every 10 seconds from each personal computer, said Staff Sgt. Darryl Taylor, G-6 network staff noncommissioned officer-in-charge.

This type of virus usually results in the Internet and e-mail connections for the sta-

tion being shut down to eliminate the virus.

Computer viruses are transmitted through different means where a computer user has to open an attachment with a virus. Another way is through a virus-infected disc being put into a computer and accessed.

Many changes have been made to counter virus attacks. One change involves the virus notification process.

Once a virus has been detected, Computer Network Systems Department personnel now sends out a station-wide e-mail notify-

ing computer users about the virus and what protective steps they need to take, said 1st Lt. Laurent Therivel, G-6 operations officer.

Users are notified through a dialog box that will open up on computer screen to notify people to read their e-mail regarding the virus. Therivel recommends users read this message before opening up any other e-mail, so a potential virus-containing e-mail won't be opened.

Also, at CNSD, Norton Antivirus will be run on all servers and all station computers when an updated antivirus comes through. This will immunize the computer against incoming viruses and remove any existing viruses, he said.

However, unless computer users are turning their computers off at the end of the day, they won't get the update, said Taylor.

New viruses usually cause the most problems because there is not normally an antivirus made, said Joe Slobig, station Local Area Network manager.

The only thing CNSD can do is isolate the virus and wait for the antidote, which usually takes less than 24 hours. If the network detects a known virus or executable attachment, the system strips the virus off the e-mail it is attached to, said Therivel.

Regardless of the methods, the best way to avoid getting a virus is to not open e-mails with attachments from any unknown person. This reduces the chance of a virus by 80 percent, explained Therivel.

If you get a suspicious e-mail or have any questions, call 577 – 6622.

Volunteers work together to clean up Ivey Ranch

By Cpl. Kristopher S. Haloj

CPAO, MCAS Miramar

Marines from Marine Corps Air Station Miramar and Marine Corps Base Camp Pendleton came together to volunteer their time in efforts to beautify Ivey Ranch Park July 29.

Ivey Ranch Park, a day care for mentally handicap children and adults located in Oceanside, Calif., does not receive any type of government subsidies, it is entirely funded by donations. Over the years, due to the lack of adequate funding, the Ranch has been over run by weeds and decay.

The chaplains offices of both MCAS

Miramar and MCB Camp Pendleton caught wind of this and decided to do something about it. They recruited volunteers throughout the installations to tend to the task.

Dozens of Marines participated in the clean-up, transforming a chunk of land, that could have easily been mistaken for a weed nursery, into a well kept ranch.

“It’s a good project. It’s good for the community, good for the (people who attend the ranch). I’m all for it,” said Lance Cpl. Russell Barber, engine mechanic for Marine Air Logistics Squadron 16 power plants. “I’m with the Single Marines Program, that’s

See **Ivey Ranch**, page 8



Photo by Cpl. Kristopher S. Haloj

Petty Officer 2nd Class Danny G. Stoddard, religious programmer for the 3d Marine Air Craft Wing chaplains office, and **Cpl. Rebecca M. DeGroat**, targeting analyst for 3d MAW, bag up weeds and brush as part of a volunteer program to help beautify Ivey Ranch Park.

Courts-Martial

• Pfc. James Duley from MWSS-38, 3d MAW, was found guilty by Special Court-martial under the UCMJ of Article 112a: wrongful use of amphetamine and methamphetamine. He was sentenced to 90 days confinement, reduction to private and a Bad Conduct Discharge.

• Pfc. Patrick Fox from MWSG-37, 3d MAW, was found guilty by Special Court-martial under the UCMJ of Article 86: unauthorized absence and Article 112a: wrongful use of marijuana. He was sentenced to 75 days confinement, reduction to private and a Bad Conduct Discharge.

• Pfc. Travis Jennings form MWSG-37, 3d MAW, was found guilty by Special Court-martial under the UCMJ of Article 86: unauthorized absence, Article 112a: wrongful use of marijuana. He was sentenced to 90

days confinement, reduction to private and a Bad Conduct Discharge.

• Pfc. Joshua Mulford from MAG-16, 3d MAW, was found guilty by Special Court-martial under the UCMJ of Article 112a: wrongful use of LSD and ecstasy, Article 91: disrespect towards a noncommissioned officer, Article 92: violating a lawful general order and Article 128: assault. He was sentenced to 105 days confinement, forfeiture of \$600, reduction to private and a Bad Conduct Discharge.

• Pfc. Carrie Smalley from MAG-16, 3d MAW, was found guilty by Special Court-martial under the UCMJ of Article 81: wrongful use of methamphetamine, marijuana and LSD. She was sentenced to 60 days confinement, forfeiture of \$1,340, reduction to private and a Bad Conduct Discharge.

Air Force snares All-Service Softball Crown

Story and photos by
Cpl. Kristopher S. Haloj

CPAO, MCAS Miramar

The Air Force stomped out the competition 8 games to 1 to take home the gold in the Armed Forces Women's Softball Championship Tournament 2000 hosted by Marine Corps Air Station Miramar Aug. 1-3 at the Sportsplex USA in Poway, Calif.

The best players from the Army, Navy, Air Force and Marine Corps were selected to battle each other for top women's softball honors and branch bragging rights.

The teams played each other once a day, adding up to three games a day per team.

The Air Force dominated the tournament from beginning to end losing only one game to the Army. No one player stood out in the crowd of champions. For example Traci Tippins stepped up to bat 18 times in the first five games and made to base 12 times while number 23 short stop Peni Delapons's quick mind and strong arm took out runners before they knew what happened to them.

"When I first saw the team I wasn't sure how well we would gel together, but after a few practice games we began to play together as a unit. The team has a lot of heart, they don't give up," said Air Force Coach Jesse Knight.

During the tournament the Army was the only team that presented a serious threat to the Air Force. First baseman Heather Carr held her position flawlessly while at the same time abusing the ball



The Navy's Stephanie Minx-Renner smashes the ball during game 9 of the Armed Forces Women's Softball Championships in hopes to give the Air Force their first defeat. But the Air Force women's 2-1 record against the Army proved to be good enough for them to take the Championship Aug. 1-3 at the Sportsplex USA in Poway, Calif.

with a well-over .500 batting average. The Army intimidated the others with the sheer physical size of their players and their strong fielding. They were the only team to defeat the Air Force finishing the tournament 7 and 2.

"The kids are great. We had a couple bad games, but all-in-all they played great," Said Army Coach Gerald R.

Corcoran, "We expected a gold medal. We expect a gold medal every time we come here. Anything less is a disappointment."

The 2 and 7 Navy couldn't seem to take off. Strong players, like out fielder Lisa Ignasiak and pitcher Danielle Anderson, kept the Navy in the tournament. But despite the team's strong efforts they were unable to claim victories.

If there was a medal for the most heart it would have to go to the Marine Corps. Despite their 1 and 8 finish, the team kept

the competition sweating. One of many examples that could be given was Day 3 game 2, in the bottom of the 7th inning against the Army.

The Marine Corps was down by 14 points, and came back to close the gap to within one point. But that's as far as they were able to take it, losing 17-16. Although frustration began to weigh on the team, they refused to make it obvious.

See **Softball**, page 8

Michelle Saunders, Army third baseman, salutes Lt. Col. F. M. McComb, assistant chief of staff for MCCS, before receiving her silver medal during the closing ceremonies of the Armed Forces Women's Softball Championship Tournament. Saunders and the rest of the Army's team earned a silver medal for taking second place with a 7-2 record at the conclusion of the tournament. Immediately after the tourney, 15 players were selected to the All Armed Forces-Permanent Women's Softball Team. They will compete today through Sunday at the Amateur Softball Association National Softball Championships in Auburn, Ala. The Marine Corps' Nicholette Bolte, second baseman, and Carrie Miller, outfielder, were selected to the Armed Forces Women's Softball Team.



SARD helps Marines gain better understanding of nutrition, dieting

Story and photo by
Cpl. Carolyn S. Sittig

CPAO, MCAS Miramar

Marine Corps Air Station Miramar's station training department recently began participating in a Naval weight management program.

Since July, Marines have been participating in the Substance Abuse Rehabilitation Department's weight management training program.

Prior to the SARD program there was no other weight management course used by the Marine Corps. SARD is done through Naval Medical Center Point Loma and until recently was open only to Sailors.

"The SARD training comes in if a Marine hits a plateau and is not making progress. It gives them different ideas on changing their life styles and improving their weight," said Staff Sgt. Robert Ratcliff, station assistant training chief.

The program focuses on making life style changes that are healthier, daily exercise routines and eating healthy. "It gives them different ways and different ideas like what types of food are lean and how much exercise is required to burn off calories," said Ratcliff.

In addition to what types of foods to eat, program participants are taken to stores to learn how to shop for healthy foods and how to make healthy choices at restaurants.

The two week long program is open to Marines on the weight management program with the exception of those undergoing a medical separation board, administrative action or who are on light duty, said Ratcliff.

In order to apply for the program Marines have to fill out a SARD Health and Physical Evaluation form and must have their command's permission.

Typically, a Marine is put on weight management when he or she is either over the maximum body weight or body fat. The maximum weight varies according to height and age. The body fat maximum is 26 percent for women and 18 percent for men.

Marines are weighed when they check in or out of a command and at all Physical Fitness Tests. If it is a Marine's first time for being over their weight or body fat maximum, then they are given 30 days to be under their weight or body fat and no entry is made in their Service Record Book.

"After 30 days, we reweigh them and if they are under then no action is taken, but if they are still over, then they get assigned to the weight management program," said Ratcliff.

Once a Marine is put on the weight management program they are first sent to the Branch Medical Clinics to determine any physiological problems that may be preventing him or her from losing weight. If there is no medical reason, then they are put on remedial physical training five days a week for an hour each day in addition to

unit or shop PT. Remedial PT concentrates on cardiovascular exercise and weight training.

The program gives Marines six months to lose the weight and must stay below the weight or body fat maximum for three consecutive weeks to get off the program.

However, an entry will be made in the Marine's SRB and they will not be eligible for a promotion or Marine or Noncommissioned Officer of the Quarter boards until he or she is off the weight management program.

For more information, call the station training office at 577 - 4487.

Lance Cpl. Brian S. Hagenbuch, Headquarters and Headquarters Squadron, career planner clerk is weighed by Staff Sgt. Robert Ratcliff, station assistant training chief.



Sailor visits native village during military exercise

By Cpl. Micheal O. Foley

CPAO, MCAS Miramar

CLARK AIRFIELD, Republic of the Philippines – Thirty-four years ago, Lt. Cmdr. Lorimel F. Arabe called a poor Filipino rice-farming village home.

Today, Arabe has a master’s degree and a doctorate. Arabe, a flight surgeon with Marine Heavy Helicopter Squadron 462, lived in the small village of San Quintin in the Province of Pangasinan until he was 5 years old.

“My father enlisted in the Navy as a Seabee while he was here and was able to gain U.S. citizenship through that and provide us a better life,” said Arabe. “I grew up in California just like any other kid, except we were the only Filipino family in our little community. It was difficult for my older brothers and sisters to make the transition because of the communication and cultural differences they had. It didn’t affect me much because I was only five.”

After growing up in Southern California, Arabe graduated from college and started medical school when he decided to join the Navy.

“Medical school is pretty expensive,” said Arabe. “There’s a special scholarship offered by the U.S. military to physicians in training. They pay you a certain amount each year and they pay your tuition while you go to medical school. After you finish

your education, you re-pay your debt with time in service.

Arabe took advantage of the scholarship, joined the Navy in June 1996 and became a flight surgeon.

Although Arabe loves all the education he has accumulated, as well as his current job, both have been constant obstacles blocking him from returning to his native land until now.

Balikatan 2000 provided the first chance for him to set foot in the Philippines since he left. His command granted him a special two-day liberty pass to go to his old village and visit his relatives.

“It was a very emotional and humbling experience for me,” said Arabe. “A lot of people come to the Philippines and see the scenery and the people. For me, it filled in part of my identity.”

Most of the community knew who Arabe was and welcomed him back with a big celebration.

“Most of the town came to see me,” said Arabe. “I was like a long lost native son. They were proud to have me as a part their community and I was proud to be there. I always wanted to come back, but I never dreamed that I would be back in this capacity. A lot of people were surprised to see that a Filipino from their neighborhood made it that far. Most people in the town grow up farming rice. I think every person, once they reach a certain point in their life, should go back to where they



Photo courtesy of Lt. Cmdr. Lorimel F. Arabe

Lt. Cmdr. Lorimel F. Arabe, flightsurgeon, HMM-462, poses on the flightline of Clark Airfield, Republic of the Philippines with his native Filipino family during Exercise Balikatan 2000.

came from to get that perspective.”

Seeing his old home brought back a few childhood memories for Arabe. He heard stories as he was growing up about things he did while they lived in the Philippines.

“My mother would always tell me about a little fish pond outside our house,” said Arabe. “She said that I was playing outside one day and I had disappeared. My parents were searching for me all morning and were pretty hysterical. They finally found me at the bottom of a dried up fishpond. When I went to visit my house, there it was. It filled in the picture for me.”

The entire visit brought intense emotions to the foreground, and when the time came for Arabe to leave, eyes became

watery and tears flowed.

“It was a very emotional departure,” said Arabe. “They were so happy to see me and so proud of me.”

Arabe plans to make more trips to the Philippines in the future and possibly to fly some of his relatives to the U.S. so they can have that experience.

Arabe is extending as the flight surgeon for HMM-462. When he completes his extension, he hopes to go through the residency pediatric program to become a pediatrician.

After 29 years away from his roots; going through college, medical school, officer candidate school, flight school, and a career as a flight surgeon, Arabe can finally say he knows where he comes from.

Briefly

Flightline food trailer to open

Recently another food trailer opened to accommodate Marines who have difficulty getting to the Chow Hall. The trailer is located between Building 9601 and Hangar 1. The hours of operation are from 7:30-8:30 a.m., 11 a.m.-1 p.m. and 3-5 p.m. The cost is \$1.50 for breakfast and \$3 for lunch and dinner for Marines on comrats. Marines who have meal cards must show them to receive meals. For more information, call 577 – 6109.

Children’s Summer Reading Program seeks participants

The Library’s Children’s Summer Read-

ing Program runs through Aug. 18. Programs are now being offered every Monday at 9:30 a.m. The theme is “Get Carried Away With Books.” Activities include story time, puppet plays, arts and crafts and more! The Library is located in the Lifelong Learning Center, Bldg. 5305. There’s still one more fun-filled weeks of the program, and prizes will be awarded at the end of the program, and there is still time for children to participate. Four of the Harry Potter books are going to be awarded to 4 participants at a special prize drawing at the end of the program, and there will be more fun surprise activities. For more information call Addie Ross, base librarian, at 577-1261.

Ivey Ranch, continued from page 5

where I find out about things like this. I’m just glad we can help out.” Volunteering not only benefited the ranch but the Marines who donated their time and hard work as well.

“(Volunteering) makes me feel good, because I’m actually doing something worth while, said Cpl. Rebecca M. DeGroat, targeting analyst for 3d Marine Aircraft Wing. “Before I never had anything to do on the weekends. So I decided to start doing something that made a difference.”

Both chaplains’ offices plan to recruit Marines and Sailors on a monthly basis to help out at the ranch. Next month volunteers will be asked to put a fresh coat of paint over the dulled peeling layer that currently exists.

Those interested in volunteering with the

chaplain’s office can contact Petty Officer 2nd Class Danny G. Stoddard at 577-7368.

Softball, continued from page 6

“The record doesn’t indicate how we played. We battled the whole tournament,” said Marine Coach Ron F. Linke. “They gave their all the entire time. I’m proud of them, every one of them.”

Mass Casualty, continued from page 1

“The interaction among the on-base personnel and the off-base agencies, including Red Cross, Mercy Air and local civilian hospitals, made this exercise a great success,” said Downum.



Photo by Pfc. Chris H. Fitzgerald

Major Gen. M.P. DeLong and Maj. Gen. Charles F. Bolden are joined by five previous 3d MAW commanding generals during the change of command ceremony pass and review.

3d MAW,
continued from page 1

mander, Bolden is hardly a neophyte concerning Marine issues in Southern California. The former Vietnam air combat veteran has previously served as the 3d MAW assistant wing commander and as I Marine Expeditionary Force deputy commander.

As 3d MAW's battle colors waved in the background, Bolden challenged Miramar Marines to uphold the organization's proud legacy and to continue the tradition of individual excellence.

"We need to always keep in mind the impact we have on other people, because every day is qual day when it comes to doing our job," said Bolden. "You never get a second chance to make a good first impression, so I plead with you: make a good first impression wherever you go, whatever you do."

Numerous distinguished visitors and flag officers were on hand for the ceremony, including veterans belonging to the 1st Marine Division Association. Additionally, five former 3d MAW commanding generals stood alongside DeLong and Bolden during the pass and review

Bolden inherits command of the largest

Marine air wing but is himself no stranger to demanding duties. He was selected as a NASA astronaut candidate in 1980 and has participated in several historic space missions during his Marine Corps career. He was aboard *Space Shuttle Discovery* in 1990, which successfully deployed the Hubble Space Telescope. In 1992, Bolden commanded *Space Shuttle Atlantis* on the first Space Laboratory mission dedicated to NASA's "Mission to Planet Earth" project. Bolden capped his aerospace career in 1994 aboard *Space Shuttle Discovery*, this time commanding the historic U.S./Russian Space Shuttle mission.

Upon completion of the U.S./Russian venture, his fourth and final mission, Bolden logged more than 680 hours in space.

After leading the Wing through a challenging, two-year tenure, DeLong has been nominated for promotion and to serve as the deputy commander in chief, U.S. Central Command, headquartered in Tampa, Fla.

'We need to always keep in mind the impact we have on other people, because every day is qual day when it comes to doing our job.'

Maj. Gen. Charles F. Bolden Jr.



Photo by Pfc. Chris H. Fitzgerald

Community Events

Chargers tickets on sale at ITT

The Entertainment Ticket Office has San Diego Chargers' tickets available. Tickets are \$44 each for preseason home games (Saturday, vs. Minnesota, and Friday, Aug. 25 vs. Arizona). Regular season home game tickets are \$47 each; games start on Sunday, Sept. 10 vs. New Orleans. Home games also include Seattle (Sept. 24), Denver (Oct. 8), Oakland (Oct. 29), Miami (Nov. 12), Kansas City (Nov. 26), San Francisco (Dec. 3) and Pittsburgh (Dec. 24). The Entertainment Ticket Office is in Bldg. 2524; call 577-4126.

Miramar hosts 'Sizzling Summer Comedy Show'

Miramar's Base Theater will host the San Diego Theater Sports' improvisational comedy show on Friday, Aug. 11 at 7 p.m. Tickets are free, and up to four tickets per person may be picked up at Entertainment Tickets, Bldg. 2524.

Beer and pizza will be sold in the theater lobby during the performance, and "Mission Impossible 2" will be shown after.

The comedy show and movie are rated PG-13 (some material may be inappropriate for pre-teens). Call 577-6365 for details.

Higher education turns learning into earning

Higher education is not an option; it is a necessity in the 21st century. The average college graduate will earn \$700,000 more than the average high school graduate will earn over the course of a lifetime.

Assuming 40 working years and that the additional earnings are properly invested and earn a modest five percent, this translates to a retirement nest egg worth \$2,200,000.

Tuition Assistance pays 75 percent of the cost of tuition (within cap limits) for active-duty military personnel attending accredited educational institutions. There are two caps on TA: a maximum of \$3500 per year, and a maximum of \$187.50 per credit.

More good news is that the State of California considers all active-duty military personnel to be residents of California for the purpose of tuition at the state community colleges. Residents pay \$11 per credit at the community colleges. TA also applies to this low tuition rate. After TA, the military student pays \$8.25 tuition for a three-semester-hour course.

To find TA forms online, go to www.navycollege.navy.mil/ncp/forms/taform60.doc. Contact the Education Office in the Lifelong Learning Center, Bldg. 5305, at 577-1801 for more information.

MCCS reminds you to 'Party Smart'

To promote the use of the Designated Driver Program, Miramar has expanded the Know Your Limits/Know Your Choices program creating the overall "Party Smart" program.

The "Party Smart" program provides alternatives to drinking and driving such as, promoting the use of the on base Designated Driver program. Designated drivers receive free non-alcoholic beverages, a complimen-

tary meal for a later date at an MCCS food service facility and free valuable coupons for various MCCS facilities.

Also, for anyone who chooses not to drive, or when the server deems that driving is not an option, MCCS personnel will either phone a friend or family member to have them picked up (individuals receive a coupon for a complimentary meal at a later date), they will call a taxi cab for them or make arrangements for them at the CBQ. Regardless of where you are drinking, all individuals should always use a designated driver! For more information on "Party Smart" call 577-4808.

'Kid Fit' classes continue

Youth exercise classes for ages 5 to 12 are offered from 3 to 4 p.m. every Tuesday and Thursday at the Semper Fit Fitness Center. The free classes emphasize teamwork and the building of choreographed routines, with a focus on self-esteem building and exercises to improve the major components of physical fitness. Call Kelley Sitar at 577-4129 for more information.

Free **Movies**

- **Today:** *Theatre Sports Improvisational Comedy Show (PG-13)*, 7:00 p.m.; *Mission Impossible 2 (PG-13)*, 9 p.m.
- **Saturday:** *Dinosaur (PG)*, 6:30 p.m.; *Small Time Crooks (PG)*, 8:30 p.m.
- **Sunday:** *Dinosaur (PG)*, 1 p.m.; *Gone in 60 Seconds (PG-13)*, 6:30 p.m.
- **Wednesday:** *Me, Myself and Irene(R)*, 6:30 p.m.



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